

Kadena helps Vietnam flood relief

353rd Special Operations Group hauls 19 tons of aid

By Tech. Sgt. Michael Farris
353rd Special Operations Group
Public Affairs

HUE, Vietnam – The 353rd Special Operations Group flew 19 tons of disaster relief aid across the Pacific Nov. 11 to assist victims of Vietnam's worst flooding in a century.

Nearly 22,000 pounds of plastic sheeting, 3,600 blankets and 5,000 water containers were flown from Guam, to Okinawa and then on to Vietnam by two specialized C-130s based out of Kadena Air Base, Japan.

"For the U.S. Air Force to come back here on Veteran's Day is pretty sweet," said United States Ambassador to Vietnam Douglas Peterson. "This also signifies how far we've come in building our relationship with Vietnam. We're looking toward the future as opposed to the past."

Several of Vietnam's south central provinces have been plagued by weeks of heavy rain and swollen rivers. Hardest hit has been Thua Thien Hue, site of the Citadel and some of the bloodiest battlefields of the 1968 Tet offensive.

According to Army Lt. Col. Frank Miller, American Embassy Defense Attache, more than 550 people have been killed and several hundred others are missing from record-level flooding.

"There was a real timeliness issue involved in getting this shipment here," he said. "Special Opera-



Photo by Tech. Sgt. Michael Farris

Vietnamese military workers unload flood relief supplies airlifted into the Southeast Asian country by the 353rd Special Operations Group.

tions Command Pacific saw we were going to be a bit slow going through routine channels. Understanding the urgency, they offered the services of the 353rd."

One crew each from the 1st and 17th Special Operations Squadrons flew the six-hour leg across the South China Sea. While the C-130 isn't the quickest bird in the Air Force arsenal, it impressed Miller. "The formal request was made Monday. On Wednesday SOCPAC stepped in and 30 hours later we're unloading airplanes. This is incredible."

Logistics planner Tech. Sgt.

James Polk worked around the clock to get the mission off. "These are definitely not normal circumstances," he said. "It's exciting to plan a real-world effort like this." Load plans, aircraft configuration, and a slew of other details kept him busy through the night.

The supplies were handed over to the 353rd by the Agency for International Development and the office of Foreign Disaster Assistance. Other U.S. efforts included grants to build housing in the washed out region.

After landing, the two planes rumbled past farmers who were dry-

ing yellow rice on the taxiways.

The Vietnamese don't have K-loaders and special ramp services bluesuiters take for granted, but they did have something that worked – volunteers.

Hundreds of International Red Cross workers joined Vietnamese soldiers and policemen as they transferred the goods from pallets to waiting trucks.

"It's exciting to be involved in an operation like this," said Staff Sgt. Bobby Casey, a loadmaster with the 1st SOS. "It's a great feeling to know

See RELIEF, Page 5

18th Supply Squadron wins command recognition

By Staff Sgt. Orville Desjarlais
Kadena Shogun editor

The 18th Supply Squadron isn't afraid to try something new: in fact, they downright thrive on innovation.

That initiative may be one of the reasons the unit was named the 1999 Major General Warren R. Carter Daedalian winner for Pacific Air Forces, as the best supply unit in the command.

In the realm of supply, the 18th is the test base for a number of programs, such as the now successful PACAF-wide GSA Mart, supply officials say. There are no base service stores in the United States. There, people must use government credit

cards to purchase what they need off base. However, that concept won't work here because there are no comparable off-base stores that provide that service. So, supply officials here asked the General Services Administration to travel here and set up shop. Now, GSA supplies the goods; Kadena supplies the people.

"(Air Force officials) wanted us to reduce manning and close service stores," said Robert R. Crawford, 18th Supply Squadron deputy commander. "We were also asked to reduce inventory." Since GSA owns the inventory, supply was able to reduce its own inventory, Crawford says. However, for customers, this means a larger inventory. "Since GSA has taken over ownership of

the base supply, GSA makes money by increased sales, which means a better stock selection for the customer," said Crawford. It also meant a shorter waiting time for items ordered. What once took 90 days to receive now takes 20, according to Crawford.

Prime Vendor is another new program that supply has turned into a success story. Basically, the civil engineers had a supply problem, officials say. When they needed a part, it took between 90 days and 120 days to get it. That's when supply stepped in and found CES a commercial supplier, officials say.

"We got out of the business of stocking CE

See SUPPLY, Page 3

Legal claims program supplements insurance

By Staff Sgt. Orville Desjarlais
Kadena Shogun editor

Leaving valuables in unlocked cars has resulted in thefts of cash, sports equipment, cameras, portable stereos and CD collections in recent months, base officials say.

A large number of these victims tried to claim their losses under the impression that the Air Force acts as an insurance company, and that the military will reimburse them for any loss.

“... people who have possessions they cannot afford to lose should invest in renter’s insurance to cover the amounts the government cannot pay.”

Capt. Chris Nowicki

Capt. Chris Nowicki of the Kadena Legal Office.

“Unfortunately, the claims program has limited funds and can serve only as a supplement to private insurance, not as a replacement for it,” says Nowicki.

As a supplement to insurance, the claims program can only reimburse someone whose losses are both reasonable and service-related, he says.

Whether the losses are reasonable depends on many factors, includ-

ing the care people have used to protect their possessions.

“The best way you can avoid having to carry a heavy loss is by behaving responsibly and protecting your possessions,” said Nowicki.

A few ways to protect your valuables include:

- locking car doors and windows when you leave your car for any period of time.

- securing everything in the trunk or out of sight except for child car seats, sunglasses, maps and other inexpensive items.

- avoid storing items for long periods of time in your trunk because thieves can break into even the trunk.

Thief-proofing your possessions goes beyond vehicles, according to Nowicki. “Items in and around your home also aren’t covered by the claims program if you don’t secure them properly,” he says.

People who leave bicycles, lawnmowers, grills, or other expensive items outside and unlocked should expect to bear the cost of their loss if those items are stolen. “Even items in dorm rooms are not covered by the claims program if you fail to close and lock the door when you leave,” Nowicki says.

For those times when the claims program can help, Nowicki said the program operates under tight restrictions and might be able to compensate people for only a partial cost of their loss.

“For this reason, people who have possessions they cannot afford to lose should invest in renter’s insurance to cover the amounts the government cannot pay. And please, use locks. If someone can’t steal it, you won’t have to worry about replacing it,” Nowicki says.



Photo by Staff Sgt. Orville Desjarlais

Right, Senior Airman Sarah Mullins, Postal Service Center 80 postal clerk, helps a customer with her Christmas mailing.

Postal services made easier

By Senior Airman
Jennifer Dixon
Shogun associate editor

Being the model post office for Pacific Air Forces is helping those who work at the Kadena Post Office do their job easier and better. It’s due to a new computer system they recently implemented.

Since the system was installed in early October, postal workers have been able to handle money orders and registered mail at all the windows, where as people previously had to wait at one window for these services.

“This had to be done because the former process didn’t allow multiple money order reports to be submitted daily,” said Master Sgt. Alton Blalock, Kadena postmaster. “The

new process makes money-order reports obsolete and enables us to consolidate each clerk’s funds, or money-order transactions, into one submission to the United States Postal Service.”

The new system also allows debit and credit cards to be accepted as payment.

“People would have to wait for 10 to 15 minutes or more while the clerks switched places,” said Staff Sgt. Mitchell McDonald, noncommissioned officer in charge of postal operations. “With this new system, that won’t happen anymore.

“It’s easier for the customers, because they know they can come in at any time and not have to wait quite so long or have the window closed during lunch,” McDonald continued.

Smart Cards cut 18th Supply’s paperwork



Photo by Staff Sgt. Orville Desjarlais

By Staff Sgt. Orville
Desjarlais
Kadena Shogun editor

The 18th Supply Squadron has discovered a smarter way to do business — literally.

Smart Cards are credit-card sized cards containing memory chips that will help supply clerks track stock better and allow customers quicker service without a lot of paperwork, according to supply officials.

Called the Supply Asset Tracking Systems, or SATS, the new technology uses bar-coded labels and a remote, hand-held terminal resembling a speed gun.

A Smart Card works much like an Automated Teller Machine card. Before the new technology, custom-

ers received supplies by signing a paper form.

Using cards to be issued later this month, customers will sign for supplies with a swipe of the Smart Card through the hand-held terminal.

“Customers input a personal identification number into a hand-held terminal when they accept the property; however, they must first contact their unit resource advisor to be authorized a Smart Card,” said Master Sgt. Edy Agee, 18th Supply Squadron customer service superintendent.

SATS also eliminates the need for supply personnel to manually input information into supply’s computer system by reading, interpreting and processing bar code data.

Without reams of paperwork in the way, “effectively using this technology will streamline the Department of Defense logistical business process and enhance war-fighting capability,” said Agee.

Everyone signing for supplies will require a Smart Card, say supply officials.

Requests for Smart Cards can be submitted via the 18th Supply Squadron customer service web site at: <http://is-18lg1/18sups/lgsmlgsmc/mmmain.htm>

The site will automatically produce a letter for a unit resource advisors’ or unit commander’s signature.

For more information, call supply’s customer service unit at 632-0217, 632-7802, 634-4168 or 634-3124.

Yuai Sports Day

Approximately 100 volunteers from Kadena will help nearly 2,000 mentally disabled athletes at the Yuai Sports Competition Sunday at 10 a.m. at the Okinawa Prefectural Comprehensive Sports Park in Okinawa City.

Kadena volunteers will help guide athletes and help keep records.

Reduced services

Services will be limited for two sections of the 18th Security Forces Squadron Dec. 1-10, security officials say.

The two sections – reports and analysis and information security – will be closed during this time as security forces support a base-wide Combat Employment Readiness Inspection, says Senior Master Sgt. Ralph Martineau, superintendent of reports and administration with the 18th SFS. Martineau says military members who need a security clearance for a permanent change of station move from Kadena need to call 634-3294 by Wednesday to schedule an appointment with the information security section.

Traffic accident reports for first sergeant ticket rebuttals will also be provided on an emergency basis during only this time through the law enforcement desk at 634-2475.

Early closing

The 18th Comptroller Squadron will close at noon on Wednesday for a squadron function.

Free symposium

A free symposium on education will be held Wednesday at Camp Foster's religious education building from 3 to 5 p.m. The symposium is the fourth in a four-part series sponsored by the African-American Culture Association. Topics will focus on home-schooling, financial assistance and ways to dress to make a good first impression, organizers say.



Photo by Staff Sgt. Orville Desjarlais

Solar-powered caution

Amn. Joseph Pevehouse, Senior Airman Barron Clark and Staff Sgt. Jeffrey Carson, of the 18th Civil Engineer Squadron's vertical repair section, install a solar-powered flashing light near Kadena High School Monday. Today crews are scheduled to finish setting up the lights at Department of Defense Dependents Schools on Kadena. While the lights are flashing, drivers must reduce their speed to 25 kph, according to 18th Security Forces Squadron officials.

Help for women

A free-membership woman's growth group will meet Tuesdays from 6 to 7:30 p.m. in Building 90 on Douglas Boulevard across from Marek Park. Babysitting will be provided on an as needed basis. While membership is free, women need to call 634-0433 to register for the support group, organizers say.

Free phone calls

Free calls to 1-800 telephone numbers in the U.S. will be offered from 11 a.m. to 1 p.m. Nov. 27 at the Kadena USO.

Commissary closed

Kadena's commissary will be closed Thursday.

Supply logs Pacific Air Forces honor

Continued from Page 1

items because now they have a commercial vendor who deals directly with them, much like a Home Depot," said Crawford. Again, that meant supply was able to reduce its inventory. "Now they have what they need in 30 days," he said.

Supply officials believe the Prime Vendor program can be implemented Air Force-wide.

Another program the unit took advantage of was the Fast Payback Capital Investment Fund program.

Supply obtained \$600,000 in FASCAP money to modernize its computers.

One result of the upgrade was that supply officials believe they saved about \$30,000 in paper cost when they eliminated printed reports that are now available on the Internet.

"We needed bigger, stronger computers because much of what we do in supply has to do with computers," Crawford said.

Although computers help get the job done more efficiently, it's the great people in supply who complete the mission, according to Crawford.

"What has impressed me is that in supply we have tons of airmen with one stripe and two stripes who are doing what our technical and staff sergeants were being asked to do seven years ago. I'm also impressed with the senior NCOs who make it a priority to train the one strippers," Crawford said.

Kadena Family Support Center celebrates National Military Family Week

The Kadena Family Support Center started observing National Military Family Week early by giving away free turkeys Nov. 5 and offering free photo sessions with traditional Okinawan models Nov. 6.

The week dedicated to military families begins Monday.

"We wanted to get out and meet some of Kadena's finest people and let them know the many resources we have available for their use," said Maj. Sara Ramirez, Kadena Family Support Center director.

The center's staff set up an information booth recently at the BX to let people know about the many services the center has to offer, such as personal financial management classes, transition and relocation as-

"The importance of letting families know the many free services available cannot be overstated. In an overseas location, families don't have access to the support facilities that are readily available stateside."

Maj. Sara Ramirez

sistance, volunteer programs, cultural awareness programs, and family readiness to name a few.

"The importance of letting families know the many free services

available cannot be overstated. In an overseas location, families don't have access to the support facilities that are readily available stateside," Ramirez said.

While at the booth, center representatives held a free drawing for eight turkeys donated by a local firm and the American Red Cross.

Military members also had a chance to don traditional Okinawan garb and have their photographs taken for free with traditional Okinawan models. A comparable photo session would have cost hundreds of dollars off base, according to FSC officials. "It's just a small token of thanks to all our military members and their families for all they do," said Eiko Ishikawa.

The Family Support Center is located in Building 99 and is open Monday to Friday from 7:30 a.m. to 4:30 p.m. For more information on, call 634-3366.



Vietnamese policemen, soldiers and volunteers unload some of the 19 tons of flood relief supplies.



Staff Sgt. John Brooks, 17th Special Operations Squadron, wraps up a loading strap after delivering flood relief supplies on Veteran's Day.

Kadena, Red Cross workers help deliver flood aid to Vietnam

Continued from Page 1

that we're here helping a former adversary. I've seen all the war movies, but to actually fly in to see and hear the people is humbling."

Casey and the other crew members relied heavily on hand signals and facial expressions to communicate with the Vietnamese.

"It was a challenge, but once they understood how to untie cargo straps or stack the pallets, it went pretty smoothly," he said.

Crew chief Staff Sgt. Joseph Grillo, of the 353rd Maintenance Squadron, stole a page out of Casey's playbook when it was time to refuel the airplane at Da Nang. "We had some small communication problems at first, but we got things squared away," he said.

"I was trying to tell the Vietnamese fuels tech we needed more gas, but he didn't understand. Finally he

caught on and gave us enough to get home.

"The Air Force bought 30,000 pounds of fuel and the crews were on their way.

Lifting off from Da Nang, the planes crossed the South China Sea once more to their home on Okinawa.

353rd Special Operations Group Commander Col. Mike Byers was pleased his crews

could accommodate. "The flooding is an unfortunate situation for the Vietnamese. I'm happy we were able to help out in their time of need."

"This is not going to go unnoticed," said Ambassador Peterson

"I'm constantly evaluating how relations between the United States and Vietnam add up. In some instances, it seems we haven't always delivered. Today we delivered. Watching American 130s come back in this capacity is a great thing."

"This is not going to go unnoticed ... Watching American 130s come back in this capacity is a great thing."

U.S. Ambassador Douglas Peterson



Photos by Tech. Sgt. Michael Farris



Tech. Sgt. Enos Porche, (left) 353rd Maintenance Squadron, and Staff Sgt. Scott Splinter, 17th Special Operations Squadron, stack pallets with the help of Vietnamese soldiers.

A crew member from the 353rd Special Operations Group helps Vietnamese workers load a box of flood relief supplies in Hue, Vietnam.

Cooking tips that will
help prevent food poisoning

Battle, beat bird bacteria

By Staff Sgt. Orville Desjarlais
Kadena Shogun editor

If you're roasting turkey for holiday meals, allow enough time to do it safely or risk making family members sick, say Kadena public health officials.

Since most turkeys have safe-handling labels, officials advise cooks to read the labels to get tips on recommended cleaning, cooking, and cooling procedures that prevent food poisoning.

Raw poultry can be a source of bacteria that naturally occurs in the intestinal tract of all animals. Washing the bird to remove bacteria isn't recommended because that doesn't significantly reduce the number of bacteria; in fact, the complete opposite is true. Washing spreads bacteria, which creates another food safety hazard, warn experts.

Following are a few pointers for turkey chefs.

Defrosting

- Make sure to allow enough time for defrosting frozen birds. It takes about five hours per pound to completely thaw a turkey in the refrigerator. That may mean starting four to five days before the meal.

- To speed up defrosting, submerge the turkey in a clean sink, deep pan, or ice chest filled with water. Allow 30 minutes per pound. Change the water every half-hour.

- Small birds can be defrosted in the microwave. Check the manufacturer's instructions for the power level and time required.

Cooking

- Because heating can be uneven, it's important to cook the bird immediately after thawing.

- Stuff the bird just before you're ready to cook it to prevent bacterial growth. Stuff it loosely with about three-fourths of a cup of stuffing per

pound of turkey so it will cook thoroughly.

- Shorten roasting time by cooking the stuffing separately.

- Roast the turkey at 325 degrees Fahrenheit. Cooking at lower temperatures for longer times could result in bacterial growth.

- Experts also say it's unsafe to put the turkey in an oven that turns on automatically after several hours. Partially cooking the turkey and finishing it the next day is potentially hazardous.

- Use a meat thermometer to determine if the bird is cooked inside. Bacteria will be destroyed when the center of the stuffing reaches 165 degrees Fahrenheit and the innermost part of the thigh reaches 180 degrees Fahrenheit.

- After cooking, remove the stuffing from the cavity promptly.

- Immediately cut the remaining meat off the bird after the meal, then refrigerate leftover meat and stuffing within two to three hours.



How to manage holiday stress & keep yourself sane

By Maj. (Dr.) Mark R. Tims
Rhein-Main Air Base, Germany

RHEIN-MAIN AIR BASE, Germany (AFNS) — It's that wonderful time of the year, the season of giving and receiving. From mistletoe to Menorahs, the joy of the holidays can be dampened by high levels of stress generated by our own expectations and demands that this time of year brings.

The anticipation and planning for festive events are all a part of this exciting time, yet there are a few things you can consider doing that may lessen the most stressful aspects of the next few weeks. Here are some suggestions that may help keep you on an even emotional keel and foster a stronger sense of control during these times.

Delegate tasks — People get more out of festivities if they feel they are making a real contribution. So get

"...the holidays can be dampened by high levels of stress generated by our own expectations and demands that this time of year brings."

everyone involved, call a family meeting and look over the list of what needs to get done such as shopping, decorating and cleaning, and give everyone a chance to volunteer. If at the end of the session you find that most of the tasks are still yours, don't suffer in silence — delegate!

Family's favorites — Ask family members what they liked best about last year's holiday events and what they would enjoy doing most this year. Sometimes the simplest things get the highest ratings. Try to pick one activity or food to please each

person. You may discover that you are knocking yourself out on things no one is really interested in.

Shop early or late — It really doesn't matter. It certainly makes sense to most of us to try to finish our shopping early, but for some us the last minutes of shopping will be inescapable. One thing to consider is finding one great gift — then spread the joy of your discovery with several people on your list.

Yes, buy several people on your list the same wonderful gift. Presents can be special, but where is it writ-

ten that each one has to be unique?

Food and drink — This time of year people often drink more alcohol; exercise caution for reasons beyond the legal ones. Excessive alcohol use can interfere with proper sleep and make for a tense and fatigued "day after." Eating carbohydrates such as pasta, whole grain cereals, rice and breads can trigger the release of neurochemicals (substances found in the brain) that help you feel relaxed instead of anxious.

A good laugh or cry — During the holidays intense emotions abound. Allowing yourself to feel these emotions can often be the best medicine. Laughter and tears can help release added tension.

If learning more about healthy coping skills during the holidays or year-round interests you, feel free to contact your clinic's mental health specialists. (Courtesy USAFE News Service)

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Kadena doctor conquers personal peak

By Charles K. Steitz
Shogun volunteer

Many people say they climb a mountain "because it's there."

For the commander of the 18th Medical Operations Squadron, it became much more.

Dan Hansen's quest to reach the top of Mount McKinley in Alaska began nearly a decade ago and included the loss of a friend.

Hansen's first trip to Mount McKinley took place in 1989 when he worked with National Park Service Ranger Roger Robinson. Initially, Hansen was at McKinley to provide first aid to accident-prone climbers and, in case of an emergency, to launch a rescue effort from a base camp at 14,400 feet. During that trip, Hansen climbed to 17,200 feet, 3,000 feet short of McKinley's summit.

"Since that day, my goal was to stand on top of Mount McKinley," says Hansen.

An outdoor enthusiast for 20 years, Hansen made a second trip to Mount McKinley in 1995 with hopes of reaching the summit. His team climbed to 18,000 feet, but was stalled by a jet stream that produced typhoon-like winds in excess of 100 miles per hour. The storm lasted five days during which Hansen and his team endured life-threatening sub-zero conditions. On the sixth day they descended to 16,200 feet where they spent the next two days in snow caves avoiding the threat of avalanches.

Over the years, climbing Mount McKinley has become a popular activity, with 1,166 individuals challenging themselves in 1998. Out of these climbers in 1998, Mount McKinley has claimed 88. According to recent data, only half of the people who attempted to climb McKinley — also known as Denali or the "Great One" by native Alaskans — have been successful in reaching the summit. Some have made the trip several times, never making it to the top.

As of July, a total of 991

people had attempted a Mount McKinley climb this year. Some 41 percent, or 405 climbers, have reached the summit.

According to the National Park Service, there were several high-risk rescues early this year, but no one died on the mountain, making it the first time since 1991 that there were no climbing deaths.

"During a practice climb on Mount Hood in Oregon, I watched as a good friend plummeted several hundred feet to his death," Hansen says. "I survived the incident by using instinct and determination. From that catastrophic accident, I gained insight into how we measure our achievements and how we need to remain focused in the pursuit of our goals."

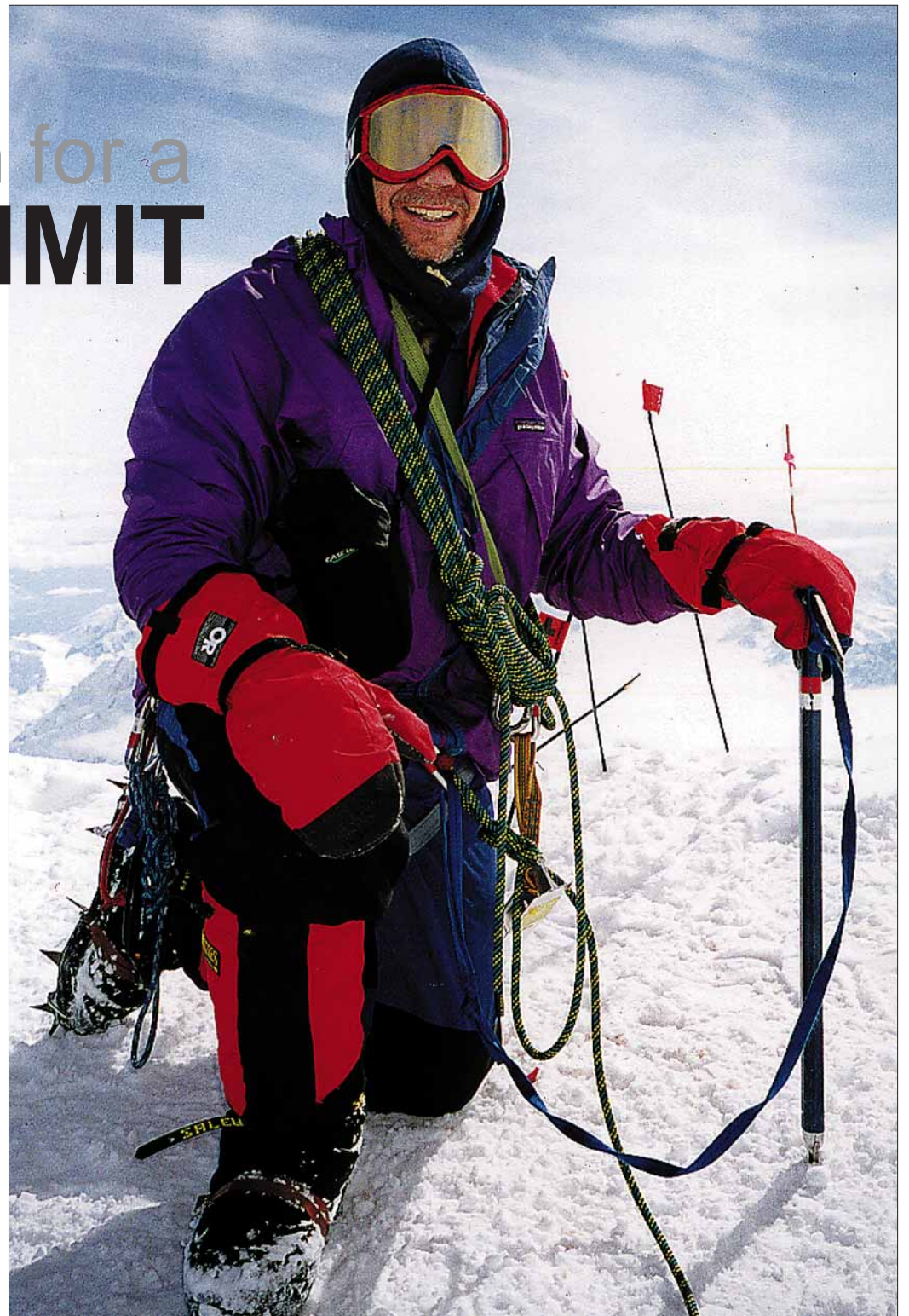
Hansen's pilgrimage in 1999 brought together five climbers from the United States. Like Hansen, three of these climbers had made earlier attempts to reach the summit, but had failed.

"It takes a lot of team work and self determination to make it as far as 17,200 feet, which represents the last step prior to the final ascent," Hansen says.

"For example, preparing a meal, pitching a tent, or boiling water can take three or four times longer than normal. Every day we would budget a minimum of five hours to simply prepare and cook our meals. As we continued our climb to the summit, everything, even the simple daily tasks, took an extraordinary amount of time and effort," he says.

According to Hansen, temperatures ranged from 80 degrees Fahrenheit during the day to minus 30 degrees at night. Even a slight wind could produce a wind chill factor equivalent to minus 60 degrees, and Hansen says at this temperature your skin can freeze in less than 45 seconds. Likewise, a container of water freezes in just minutes.

What type of person would attempt to climb to 20,300 feet and endure up to 30 days of walking, sleeping, and eating, surrounded by



Lt. Col. Dan Hansen atop Mount McKinley, a journey that took three trips.

snow in sub-zero conditions, risking the lost of life or the possible loss of one's hands or feet?

Average, everyday citizens, according to Hansen.

The adventurers who joined Hansen included a college professor, a microbiologist, a dog-musher, a customs agent, and an attorney.

"Experienced climbers have their own network via the Internet and through professional contacts. Accordingly, you look for people you either know, or have some knowledge of, before you set out on a climb. The reason is simple. The level of experience, trust, and knowledge of your teammates represents one of the most critical components to the success or failure of your climb. In reality, you are placing your own life

in the hands of another person," says Hansen.

In terms of leadership, gaining insight, and achieving a life-long goal, Hansen says, "The strength of true leaders can be measured by their vision of possibilities and having the courage to change and try a different route to obtain a goal or stand on top of the summit. Given the ideals of pursuing a long-term goal — be it physical, emotional, intellectual, or financial — there are many alternative ways to prioritize our activities to secure that goal."

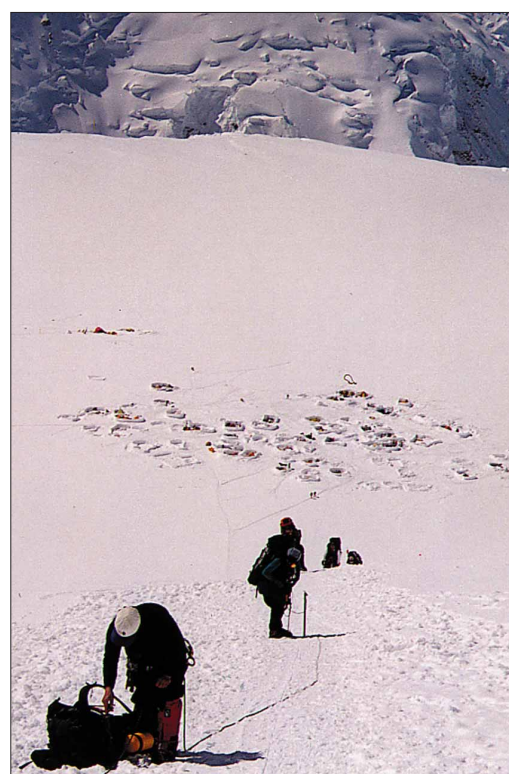
Using this experience as a tool to encourage others to overcome adversity in their daily lives, Hansen says: "Leadership and risk-taking are also very important characteristics, but not in terms of placing demands upon an-

other individual or in taking an unreasonable risk to resolve a problem. By taking a pro-active approach to every situation that occurs during your journey — be it daily, weekly, monthly, or annually — you embrace the qualities of a leader. This experience has been a long-term goal of mine. I have witnessed the tragic loss of a colleague and friend, endured hardship and pain, and felt defeat. However, I never lost track of my vision."

On June 8th at 3 p.m., 20 days after they started, Hansen, the customs agent and college professor were the only three on the top of Mount McKinley. That reach for the summit ended Hansen's decade-long journey.



CLOCKWISE FROM TOP: Lt. Col. Dan Hansen's camp is silhouetted against Mount McKinley. The six-man team hikes up the mountain. Climbers hike up McKinley as base camps below appear as footprints. A plane ferries cargo and people in the mountain region. Avalanches are a mountain climber's worst nightmare. Hansen's mountain-climbing team consisted of a college professor, a microbiologist, dog-musher, a customs agent and an attorney.



Okinawa Happenings

Off-Base

Exhibitions

Through January: *Battle of Okinawa Pictures Exhibition* — Sakima Art Museum — 9:30 a.m. to 5 p.m. — closed Tuesdays — ¥700 per adult, ¥500 per junior and senior high school students, ¥300 per elementary school student, under 5 enter free — 893-5737 for more information

Through Nov. 22: *Japanese Tea Vessel Exhibition by Masakazu Soma* — Mitsukoshi Department store fifth floor — free

Through Nov. 23: *Exhibition of Flowers* — Urasoe City Art Museum — 9:30 a.m. to 5 p.m. — ¥800 per adult, ¥600 per junior and senior high school students, ¥400 per elementary school student — last admission at 4:30 p.m. — 860-2055 for more information

Festivals/Fairs

Through Nov. 21: *The 18th Urasoe City Culture Fest* — Urasoe Civic Hall — 10 a.m. to 6 p.m. — ¥500 per adult, free for students — 878-4553 for more information

Through Nov. 22: *Aomori Prefectural Fair* — Mitsukoshi Department store sixth floor — 10:30 a.m. to 8:30 p.m. — free

Nov. 21: *International Friendship Festival* — Okinawa Convention Center — 10 a.m. to 5 p.m. — free — 836-9900 for more information

Dining/Shows

Through Nov. 30: *Samantha and Darling Stevens Family Cinema Dinner* — Harborview Hotel — 5-9:30 p.m. — ¥8,000 — reservations required — 853-2111 for more information

Through Dec. 25: *Italian Christmas dinner* — Renaissance Hotel Restaurant Four Season — 6-10:30 p.m. — ¥9,000

Through Dec. 25: *Hong Kong Christmas dinner* — Coco Garden Resort Hotel — 5:30-10 p.m. — ¥3,500

Through Mar. 31, 2000: *Hawaiian Night Asian buffet and dinner show* — Renaissance Hotel — shows every night at 5:30 and 8:30 p.m. except Tuesdays — ¥5,250 in advance, ¥6,006 at the door, half price for children under 12

Dance/Music

Nov. 19: *Wind Instrument Music* — Pallet Folk Theater — 7-9 p.m. — ¥800 — 090-8412-6396 for more information

Nov. 21: *Cello Recital by Mineo Hayashi* — Sugar Hall — 4-6 p.m. — ¥3,000 — 947-1100 for more information

Nov. 21: *Da Dirty South in Japan Tour '99* — Ginowan Outdoor Theater — gate opens at 5 p.m., concert starts at 6 p.m. — ¥4,000/\$38 advance, ¥5,500/\$50 at the door — tickets available at Kadena ITT — 890-2221 for more information

Nov. 23: *Ryukyuan Dance Performance* — Okinawa Prefectural Folk Theater — 8 p.m. — ¥2,500

Nov. 26: *Guitar solo recital by Shinichi Fukuda* — Sugar Hall — 6:30-9 p.m. — ¥3,000 — 945-0171 for more information

Nov. 27: *The 13th Annual Okinawa Mandarin Ensemble Music Concert* — Pallet Folk Theater — 7-9 p.m. — ¥1,000

The following is a commonly used list of telephone numbers for this week's off duty activities:

Schilling Community Activities Center	634-1386/7
Kadena Family Support Center	634-3366
Kadena Information, Tickets and Tours	634-4322
Kadena Arts and Crafts Center	634-1666
Kadena Base Library	634-1502
Kadena American Red Cross	634-1979
Banyan Tree Club	634-0644
Rocker NCO Club	634-0740
Officer's Club	632-6071
Busena Terrace Resort Hotel	098-051-1333
Southeast Botanical Garden	939-2555
Renaissance Hotel	965-0707
Mitsukoshi Department Store	869-4115
Ryubo Department Store	867-1171
Bullfighting	857-0185
Prefectural Folk Theater	866-2341

— 863-4017 for more information

Nov. 28: *Vienna Yes Trio Music Concert* — Pallet Folk Theater — 7-9 p.m. — ¥3,500 — 867-1414 for more information

Nov. 29: *Lithuanian National Symphony Orchestra* — Okinawa Convention Center — 7 p.m. — works from Beethoven and Shostakovich — ¥5,000 per family, ¥4,000 per adult, ¥3,000 per child, under 6 years not recommended to attend — 932-6883 for more information

Nov. 30: *Ryukyuan Dance Performance* — Okinawa Prefectural Folk Theater — 8 p.m. — ¥2,500

Tours

Daily: *Semi-submersible Boat Tour* — Kadena ITT — 8 boats daily, 50-minute tours — ¥3,500 per adult, ¥1,750 per child boarding charge — meal packages available at extra cost — tickets must be reserved

Nov. 20: *Northern Area Tour* — Kadena ITT — 8 a.m. to 4 p.m. — \$25 per adult, \$15 per child

Nov. 21: *Gyokusendo Cave* — Kadena ITT — 9 a.m. to 4 p.m. — \$25 per adult, \$15 per child

Nov. 25: *YYY Resort Overnight Stay* — Kadena ITT — depart Nov. 25 at 7:30 a.m., return Nov. 26 at 5:30 p.m. — \$130 per person

Nov. 26: *Bath House* — Kadena ITT — 5:30-11:30 p.m. — \$25 per person, ¥2,000 for a facial, ¥3,000 for a 45-minute massage

Nov. 27: *Northern Battle Sites* — Kadena ITT — 8 a.m. to 5 p.m. — \$25 per adult, \$20 per child

Nov. 28: *Expo/Neo Park* — Kadena ITT — 9 a.m. to 4 p.m. — \$20 per adult, \$15 per child

International tours

Nov. 25-29: *Kyoto* — Kadena ITT

Dec. 18-21: *Hong Kong* — Kadena ITT

Dec. 18-21: *Bangkok* — Kadena ITT

Dec. 26 through Jan. 3: *The Millennium in Bali* — Kadena ITT

On-Base

Nov. 25: *Thanksgiving Day buffet* — Ballroom — 11 a.m. to 3 p.m. — members - \$10.95 adults, \$5.95 ages 5-12; non-members - \$13.95 adults, \$6.95 ages 5-12

Nov. 29: *Membership Night* — 5-7 p.m. — drawing for prizes will be done Nov. 30 for those who attended — write name, phone number and last four of sponsor's social security number to be eligible

Rocker NCO Club

Through Nov. 23: *Thanksgiving Meals To-Go* — orders accepted at the customer service area, must be paid in full at time of order — \$54.95 — includes 22-24 pound turkey, cornbread dressing, gravy, cranberry sauce, dinner rolls and pumpkin pie — \$59.95 — includes 15-17 pound smoked ham instead of turkey — limited number of orders accepted — pick up orders on Nov. 23

Nov. 26: *All Night Party* — Lounge —

variety music — 5 p.m. to 3 a.m. — Ballroom — Rythm and Blues and Urban music mix — 10:30 p.m. to 5 a.m. — breakfast available in Dining Room at 3 a.m.

Nov. 25: *Thanksgiving Day buffet* — 9 a.m. to 2 p.m. — members - \$10.95 adults, \$4.95 under 12 years; non-members - \$13.95 adults, \$5.95 under 12 years; all children under 5 years eat free — evening special - \$9.95 adults, \$4.95 under 12 years

Dec. 1-23: *December Holiday Meal-to-go* — \$54.95 — includes a 22-24 pound turkey, cornbread dressing, gravy, cranberry sauce, dinner rolls and pumpkin pie — \$59.95 for smoked ham instead of turkey — orders accepted at customer service area — limited dinners available — paid in full at time of order — pick-up is Dec. 24

Banyan Tree Club

Through Nov. 23: *Pumpkin Pies* for the Holidays — \$5.50

Through Nov. 23: *Thanksgiving Dinner at Home* — orders accepted at the cashier's cage, paid in full at time of order — \$40 — includes 12-14 pound turkey, cornbread dressing, gravy, cranberry sauce, dinner rolls and pumpkin pie — limited number of orders — pick up orders Nov. 25, 6-10 a.m.

Nov. 26: *Countdown to 2000* — Lounge — 80's Trivia — all participants entered in drawing to be held at end of month

Gatherings

Mondays: *George Frederick Handel's "Messiah" practice* — Ecumenical Chorale — 7-9 p.m. — auditions required for soloists — concert set for early December — 645-8432 for more information

Fridays and Saturdays: *Country and Western night* — Schilling Community Activities Center — 8 p.m. to 1 a.m. — 634-6981 for more information

Nov. 20: *Fun Fair Frenzy* — Kadena USO — noon to 6 p.m. — crafts booths, food, entertainment, demonstrations and register to win an overnight stay for two at the Naha Terrace Four Seasons Hotel — 633-4510 for more information

Nov. 27: *Pictures with Santa and the F-15* — 67th Fighter Squadron building — 10 a.m. to 4 p.m. — \$5 per picture — call Liz Jackson at 633-5143 or Teresa Shippey at 633-7767 for more information

Nov. 27: *After Thanksgiving Dance and Silent Auction* — Kadena Officers Club — sponsored by the Delta Sigma Theta Sorority — 8 p.m. to midnight — casual dress — donations of \$15 or more are being accepted — 645-5151 for more information

Nov. 28: *Family Karaoke* — Shilling Community Activities Center Ballroom — 5 p.m.

Dec. 3: *Christmas Parade* — Schilling Community Activities Center — squadrons and private organizations are needed to participate — sign up at the center — prizes awarded for first-, second- and third-place in floats and in walking

Dec. 15-18: *Christmas Village* — Schilling Community Activities Center parking lot — a week-long holiday celebration with Santa, a DJ, contests, craft vendors, game and food booths and lots of holiday entertainment



Flower arranging

Learn Ikebana, the art of Japanese flower arranging, at the Kadena Arts and Crafts Center Tuesdays 5-7 p.m., Wednesdays 4-6 p.m.

Sale

Nov. 20: *Holiday Open House* — Banyan Tree Golf Pro Shop — 5-8 p.m. — kicking off the holiday shopping season with discounted items, gift wrapping, golf gift baskets, golf lessons, multi-round cards and gift certificates — 634-3900 for more information

Contest

Through Jan. 31: *Underwater Photo Contest* — Marine Corps Community Service Tsunami Gear — photographers may enter photos in categories of macro, wide angle, diver and marine life — first-, second- and third-place winners for each category and an overall winner will receive Tsunami Gear gift certificates and have photos published in the 2000 issue of *Okinawa Diver* — 645-3970 for complete contest rules and more information

Classes

Tuesdays

- *Framing and Matting* — Kadena Arts and Crafts Center — 9:15 a.m. to noon
- *Beginning Ceramics* — Kadena Arts and Crafts Center — 6-8:30 p.m.
- *Rubber Stamping* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Tole Painting* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Advanced Drawing* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Frame Update* — Kadena Arts and Crafts Center — 9:15 a.m. to noon

Wednesdays

- *Bonsai* — miniature trees — Kadena Arts and Crafts Center — 6-8 p.m. — must register before class
- *Beginning Pottery* — Kadena Arts and Crafts Center — 5-7 p.m.
- *Washi Paper and Kime Komi* — Obi, Japanese dolls, Ochi-e pictures, decorative boxes and eggs — Kadena Arts and Crafts Center — 6-8 p.m. — must register before class
- *Introductory China Painting* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Scrapbooking* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Flower Arranging* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Beginning Tole Painting* — Kadena

Arts and Crafts Center — 10 a.m. to 1 p.m.

Thursdays

- *Wood Shop Safety* — Kadena Arts and Crafts Center — 5-6 p.m.
- *Advanced Pottery* — Kadena Arts and Crafts Center — 5-8 p.m.
- *Frame Update* — Kadena Arts and Crafts Center — 5:15-8 p.m.

Fridays

- *Belly Dance* — Schilling Community Activities Center — 6-7 p.m.

Saturdays

- *Dry-brush Painting* — Kadena Arts and Crafts Center — 2:30-4:30 p.m.
- *Wood Shop Safety* — Kadena Arts and Crafts Center — 9-10 a.m.
- *Quilting* — Kadena Arts and Crafts Center — 10 a.m. to 5 p.m.
- *Jeweled Eggs* — Kadena Arts and Crafts Center — 10 a.m. to 5 p.m.
- *Make-it and Take-it* — Kadena Arts and Crafts Center — 10 a.m. to 2 p.m.
- *Beginning Pottery* — Kadena Arts and Crafts Center — 9-11 a.m.
- *Framing and Matting* — Kadena Arts and Crafts Center — 9-11:30 a.m.
- *Washi Paper and Kime Komi* — Kadena Arts and Crafts Center — 10 a.m. to noon
- *Child's Bisque Painting* — Kadena Arts and Crafts Center — 10 a.m. to noon
- *Money Management* — Schilling Community Activities Center — Nov. 6-20 — 9 a.m. to noon

Sundays

- *Kids' Clay Creations* — Kadena Arts and Crafts Center — 2-5 p.m.
- Nov. 20:** *Basic Investing* — Kadena Family Support Center — 7:45 a.m. to noon — register by Nov. 19
- Nov. 20, 21:** *Healthy Pregnancy/Healthy Baby Prepared Childbirth* — Kadena American Red Cross — 9 a.m. to 4 p.m. — classes limited to first 10 couples — 634-1979 to register and pick up your book
- Nov. 23:** *Checkbook Management* — Kadena Family Support Center — 2-3:30 p.m. — register by Nov. 22
- Nov. 29:** *First Time Home Buyers seminar* — Kadena Family Support Center — 11 a.m. to 1 p.m. — register by Nov. 26

Chapel

Catholic

Saturday
Confessions — 4 p.m. — Chapel 1
Mass — 5 p.m. — Chapel 1

Sunday
Mass — 8:45 a.m. — Chapel 1
Mass — 12:15 p.m. — Chapel 2
Mass — 5 p.m. — Chapel 1

Protestant

Sunday
Inspirational Service — 9 a.m. — Chapel 2
Evangelical Service — 10:24 a.m. — Base Theater
General Protestant Service — 10:30 a.m. — Chapel 1
Liturgical Service — 10:30 a.m. — Chapel 2
Gospel Service — noon — Chapel 1

Eastern Othodox

Saturday
Vespers — 5 p.m. — Camp Foster St. Nicholas Chapel

Sunday
Divine Liturgy — 9:30 a.m. — Camp Foster St. Nicholas Chapel
For more information, call 645-7486.

Jewish

Friday
Shabbat Service — 7:15 p.m. — Camp Foster Chapel
Sunday
Religious Education — 9:30 a.m. — Camp Foster Credo Center
For more information, call Chaplain Mitchell Schranz at 637-1027.

Islamic

For information, call Gunnery Sgt. Hefis Camp at 637-2167/2164.

MOVIES

Movie schedules are supplied by the Army and Air Force Exchange Service. Patrons should call the theater to verify movie titles, ratings, and running and start times.

KEYSTONE,
634-1869

Tonight: "Bringing Out the Dead," R
Saturday: "A Dog of Flanders," PG, and "Bringing Out the Dead," R
Sunday: "A Dog of Flanders," PG, "Mickey Blue Eyes," PG-13, and "Bringing Out the Dead," R
Monday: "The Insider," R
Tuesday: "Summer of Sam," R
Wednesday: "Eyes Wide Shut," R
Thursday: "House on Haunted Hill," R
Nov. 26: "Dudley Do Right," PG, and "House on Haunted Hill," R

BUTLER,
645-3465

Tonight: "House on Haunted Hill," R
Saturday: "Dudley Do Right," PG, and "House on Haunted Hill," R
Sunday: "Dudley Do Right," PG, and "The Astronaut's Wife," R
Monday: "The Astronaut's Wife," R
Tuesday: "Dudley Do Right," PG
Wednesday: "American Pie," R
Thursday: "The Insider," R
Nov. 26: "The Insider," R

VIDEOS

New video releases available each Tuesday at the base video stores. Because of shipping, release dates may vary.

Nov. 23

"Entrapment"	"That Champion Season"
"Limbo"	"The Hunting"
"Splendor"	"The Love Letter"
"Operation Delta Force III"	
"South Park: Bigger, Longer and Uncut"	

Fitness 2000

Pushing up the standards for all airmen

By Senior Airman Jennifer Dixon
Shogun associate editor

Editor's Note: This is the third article in the Fitness 2000 series which outlines the Air Force's new standards scheduled to begin in January.

The push-up portion of the new fitness standards will be the most difficult for Air Force members to pass, according to Jason Ham, Kadena Health and Wellness Center exercise physiologist.

All airmen will face new fitness standards beginning in January, according to Air Force officials. These new standards are to ensure a healthy, mission-ready force.

"Push-ups are five times harder than sit-ups," said Ham. "Although some of the categories may require you to do only 13 or 14, that's still a lot. If you have not conditioned your chest muscles at all, you will have a hard time getting through the test."

According to Ham, the push-ups will be the same for everyone — there won't be modified push-ups for women. Modified push-ups are done on the knees instead of the feet.

Push-ups will be done with a straight body, hands shoulder-width apart below the shoulders, face looking at the floor with elbows at a 90 degree angle — chest about a fist above the ground — before the person goes up, said Ham.

"This is a chest, or pectoral-muscle, workout," Ham explained. "It's not

timed, so you keep going until you're fatigued, until you cannot do anymore and/or you break form."

Ham explained breaking form as when a person comes out of the straight-bodied position, where either the buttocks drop or go up. Another way of breaking form is by moving your hands off of the floor to "shake them off." Ham said people can rest in the up position as long as they are in form.

Preparing for this part of the test is going to take a little more work than the other new fitness requirements. Ham suggests getting into the gym now to start lifting weights.

The pec-deck is a good machine to use, Ham said.

This weight machine is used by sitting in the seat with arms on the pads on each side of the head. The arms are brought together in front of the head and then slowly released back to the starting position. This helps to build the pectoral muscle, which is the main muscle used in push-ups, Ham said.

Another good practice exercise is the benchpress —

whether it is incline, decline, regular or with dumbbells, Ham said. But the best way to prepare for the push-ups required in the new fitness test is by doing push-ups.

According to Ham, these exercises must be completed at least two to three times per week, but he stresses "the golden rule with any of these exercises is low weight, high repetitions. This is not a strength test, it's an endurance test. Go to the gym now."



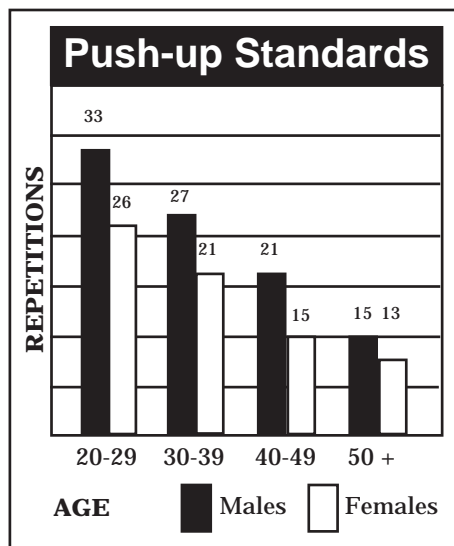
Photos by Senior Airman Cohen Young
Senior Airman Michael Johnston, 18th Services Squadron, displays the proper form for the upcoming push-up test that will start in January. Shown is either the beginning of a push-up or the resting position.



Johnston displays the middle position for the push-ups, ensuring his body "keeps form," or remains level.



Shown here, Johnston's elbows break the 90-degree angle, a requirement.



Graphic by Senior Airman Jennifer Dixon

The push-up portion of the new fitness standards will be the most difficult for Air Force members to pass.

BRIEFS

Officials needed

The Okinawa Athletic Officials Association invites people who would like to become sports officials to attend monthly meetings at 7 p.m. the third Sunday of every month at Kadena High School.

No experience is needed.

Sports officials are needed for softball, football, basketball, volleyball and soccer.

For more information, call 633-4116.

Youth football contest to be held

A punt, pass and kick contest for boys and girls ages 7-15 is being of-

fered at 9 a.m., Dec. 4, in the Torii Sports Complex.

Awards will be given to the top youth in ages 7, 8, 9, 11, 12 and 15.

For more information, call 644-4334.

Skoshi Bowl youth lock-in Saturday

A Skoshi Bowl lock-in is set for children ages 6-12 years old Saturday and Sunday.

The cost is \$20 per ticket, which are on sale and includes Glow in the Dark bowling, food, drinks, movies, video games and a disc jockey or clown.

The lock-in will be from 8 p.m., Saturday, to 8 a.m., Sunday.

Tickets must be purchased in advance.

For more information, call 634-2290.

Dec. 11 run for fun

An open 2.5/10-kilometer run is slated at 8 a.m., Dec. 11, at the Camp Courtney Fitness Center.

It's open to everyone on island.

The cost is \$15 in advance, and \$20 the day of the event.

Sign up at any Marine fitness center or on site before 7:30 a.m. the day of the event.

Awards will be presented to first-through third-place finishers in each category.

For more information, call 622-9221.

League standings

As of Nov. 13

Flag football			
DIVISION 1		DIVISION 2	
18th CS-A	4 - 0	961st AACs	4 - 0
18th OSS-A	3 - 1	18th SFS	4 - 1
18th MXS	4 - 2	18th CS-B	3 - 1
633rd AMSS	3 - 2	18th MUNS	2 - 3
18th MDG	2 - 2	18th SVS	2 - 3
18th CES	2 - 3	18th MSS	2 - 3
67th FS	1 - 5	33rd RQS	0 - 6
909th ARS	1 - 5		
Basketball			
DIVISION 1		DIVISION 2	
909th ARS	4 - 0	18th OSS	4 - 0
18th CS-A	4 - 0	18th LSS	5 - 1
18th MXS-A	3 - 0	18th SVS	4 - 1
633rd AMSS-A	4 - 1	58th SIG BN	4 - 2
961st AACs	3 - 1	18th SFS	3 - 3
		82nd RS	2 - 2
390th IS	3 - 1	18th CPTS-A	2 - 3
18th SUPS	1 - 4	633rd AMSS-B	2 - 4
18th CEG-A	1 - 4	353rd SOG-B	1 - 3
353rd SOG-A	0 - 0	18th TRANS	1 - 3
18th CS-B	0 - 3	18th CEG-B	1 - 5
18th MDG	0 - 3	18th MSS	0 - 2
18th MXS-B	0 - 6		

Standings provided by Falcon Fitness Center